



The Federation of Artistic Roller Skating

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WINTER SOLO DANCE

The standard refers to the highest medal standard passed in Dance skating, either as a Solo or Couple at the time of entry. Skaters are permitted to enter one (1) Solo Dance and One (1) Free Dance Event.

Solo Dance

Event 1	Non-Medallist	Kinder Waltz	120	Olympic Foxtrot	104
Event 2	Elementary	Denver Shuffle	100	Rhythm Blues	92
Event 3	Preliminary	Easy Paso	104	Werner Tango	100
Event 4	Inter-Bronze/Bronze	Kliener Waltz	138	Cha Cha Patin	112
Event 5	Inter-Silver/Silver	14 Step Plus	108	Terenzi Waltz	168
Event 6	Inter-Gold & above	Westminster Waltz	138	Iceland Tango	100
Event 7	Classic 25 years + A Up to Bronze	Kinder Waltz	120	City Blues	88
Event 8	Classic 25 years + B	Cha Cha Patin	112	Blues	88
Event 9	Masters 40 - 55 years	Kinder Waltz	120	City Blues	88
Event 10	Masters 55 years +	Denver Shuffle	100	Kinder Waltz	120

Solo Style Dance and Free Dance

Event 11	Non-medallists	2 mins Free Dance (see Winter Solo rules)
Event 12	Elementary	2 mins Free Dance (Espoir rules apply)
Event 13	Preliminary	2 mins Free Dance (Espoir rules apply)
Event 14	Inter-Bronze	2 mins Free Dance (Cadet rules apply)
Event 14a	Bronze	2½ mins Free Dance (Youth rules apply)
Event 15	Inter-Silver	2½ mins Free Dance (Junior rules apply)
Event 16	Inter-Silver and above	2:20min. +/- 10 secs. Style Dance Rock Medley with 1 sequence of Blues (88+-2bpm)
Event 17	Silver and above	2½ mins Free Dance (Senior rules apply)

Event 18 Silver and above 2:20min. +/- 10 secs. Style Dance
Rock Medley with 1 sequence of Midnight Blues (92+-
2bpm)

Couples Dance

Event 19 Open Standard Paso Doble 112 Rocker Foxtrot 104

Event 19a Open Standard Denver Shuffle 100 Canasta Tango 100

Show Skating

Event 20 Youth Quartet (1999 and after) 3 min +/- 10 sec.

Event 21 Quartet 3 min +/- 10 sec.

Event 22 Small Groups (6-12 skaters) minimum 4.30, maximum 5 min +/- 10 sec.

Event 23 Large Groups (16-30 skaters) minimum 4.30, maximum 5 min +/- 10 sec.

For all Show events, there is a minimum age limit of 12 years old. Please contact the FARS office for the rules and regulations for the above events.

Winter Solo Rules

Free Dance: Mini – 2mins +/- 10secs

Set Elements: -

1. One straight line step sequence commencing from a standing start along the long axis of the rink extending as near as possible the full length of the skating surface.

All steps and turns are permitted. Free Skating movements appropriate to the rhythm, music and character of the dance are permitted.

Kneeling or laying on the floor is only allowed at the beginning and/or end of the programme. This may be done for a maximum of five (5) seconds at the beginning or at the end.

Certain Free Skating movements such as turns, arabesques, pivots, jumps and spins are permitted with the following limitations:

- No more than three (3) revolutions per spin are permitted.
- Total number of spins must not exceed one (1).
- Small dance jumps are permitted but must not exceed more than one revolution
- Total number of jumps must not exceed one (1).

A Jump in Solo Free Dance means a recognised Jump of one rotation. This does not include Half Rotation Jumps or Two Footed Jumps, or Three Jumps, all of which can be included in the programme and Judged in the Technical Mark